
Acute Pain Service

Pain relief at home – a guide to your 'pain killers' and how to take them

When leaving hospital you may have been given more than one type of painkiller. This is because each type of painkiller works in a different way to help relieve your pain. The types of painkiller are:

- **Paracetamol**
- An **anti inflammatory**, for example: Diclofenac or ibuprofen
- A **Morphine** based painkiller, for example: Codeine, Tramadol and Meptazinol

It is safe to take the different types of painkiller together or at different times of the day.

The following section will help you choose which painkiller to take according to the severity of your pain.

Mild pain

Take your **paracetamol** regularly as described on the prescription label. Do not take more than eight tablets in 24 hours.

Moderate pain

Take your **paracetamol** regularly, and also your **anti inflammatory painkiller** as described on the prescription label. If you have not been prescribed an anti inflammatory painkiller, take your **morphine based** painkiller as described on the prescription label. You may find that you only need to take these **once** or **twice** during the day.

Severe pain

Take **all** your painkillers on a regular basis as described on the prescription labels. It may be of benefit to take your **paracetamol** and **morphine based** ones together and to take the **anti inflammatory** one two to three hours later.

The **morphine based** painkiller may cause constipation. If this happens, drink plenty of fluids and increase your intake of dietary fibre.

How long will I need to take my pain killers?

As healing occurs you will feel less pain. Once your pain is controlled and is **mild**, you should only be taking **paracetamol**, which can easily be stopped when you no longer need them. If your pain remains severe for more than a few days or is not relieved by your painkillers, you should contact your GP.

Never give your prescribed tablets to other people as they may not be safe for them to take. Any leftover painkillers should be taken to your local pharmacy for safe disposal.

Keep all medicines out of reach of children



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

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